



NATIONAL
DIABETES
EDUCATION
PROGRAM

*A Joint Program
of the National
Institutes of Health
and the Centers
for Disease Control
and Prevention*

Materials for Health Care Providers

- Distilled from evidence-based national guidelines for diagnosis and care
- Critical information you need – right at your fingertips
- All available in one place – **the National Diabetes Education Program** – www.ndep.nih.gov

Diabetes Numbers at-a-Glance (updated 3/05)

Use this handy pocket guide for a quick listing of ADA recommendations for diagnosing pre-diabetes and diabetes and for managing your patients with diabetes.

Guiding Principles of Diabetes Care (updated 4/04)

- Identify people with pre-diabetes and undiagnosed diabetes.
- Offer comprehensive patient-centered care, including self-management education and encouragement.
- Identify, treat, and prevent long-term diabetes complications.

Small Steps. Big Rewards. GAMEPLAN for Preventing type 2 Diabetes

The latest evidence-based tools and techniques to help your patients start their own personalized diabetes prevention program, including a decision pathway to diagnose and treat pre-diabetes, proven strategies to counsel and motivate patients, office poster, and reproducible patient education handouts.

www.BetterDiabetesCare.nih.gov

An online resource for health care providers offering the resources and tools necessary to effect and evaluate systems change and improve patient outcomes

Call 1-800-438-5383 to order materials or go to www.ndep.nih.gov to download materials for your practice.

Changing the way diabetes is treated